

To My Diabetic Patients

Washington University Diabetes Center

Your health is very important to me and I am devoted to providing you the highest quality of care for your diabetes. I am thankful that the resources available here at the Washington University Diabetes Center are among the finest available anywhere and we can therefore work together with you and your primary physician to help you achieve the best results possible.

In order for us to better care for your diabetes, we need to work as a team and I will need your help. I need for you to check your blood sugars at least _____ times daily (perhaps more often), record them and send me the results (FAX, e-mail or standard mail) on a regular basis (e.g. every 2 weeks).

When you come to the office, I ask that you do the following:

- bring your glucose meter and log book with you
- wear clothing/shoes suitable for me to be able to examine your feet; please take off shoes and socks/stockings for examination at each visit, even if I have seen you recently.
- On arrival, offer to give your meter (and pump, if you have one) to the medical assistants so they can download the information for my review.
- Pump patients – if you have recently downloaded your pump online, there may be no need to have the pump downloaded again when you arrive.

Remember that we have a superior team of nurse and dietician educators who are available for support and care. I encourage you to consider and schedule “group visits” during which you can discuss issues with the educators, other patients and see me all in the same session. We also have wonderful foot nurse specialists who can help with a variety of problems related to this important part of your body.

For additional information on diabetes, I offer the following Web page that will link you to a wealth of meaningful resources:

- <http://www.glucophylaxis.com>

Thank you for coming to see us at the Washington University Diabetes Center.

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